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J Sainsbury plc

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London  
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www.j-sainsbury.co.uk

Securities Exchange Commission  
Office of the International Corporate Finance  
Room 3094 STOP 3-6  
450 Fifth Street N.W.  
Washington DC20549  
USA

Ext: 6391  
Fax: 020 7695 6391  
Your Ref:  
Our Ref:  
Date: 25 August 2005

SUPPL

Dear Sir

**J Sainsbury plc announces : Notification of transaction of Director**

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 25 August 2005.

Yours faithfully

*Sandra Walters*

Sandra Walters  
Company Secretariat

✓ PROCESSED  
SEP 08 2005  
THOMSON  
FINANCIAL

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**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED  
PERSONS**

1. Name of the *issuer*

*J Sainsbury plc*

2. State whether the notification relates to (i) a transaction notified in accordance with  
*DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended  
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

*(i) and (ii)*

3. Name of *person discharging managerial responsibilities/director*

*Justin Matthew King*

4. State whether notification relates to a *person* connected with a *person discharging  
managerial responsibilities/director* named in 3 and identify the *connected person*

*N/A*

5. Indicate whether the notification is in respect of a holding of the *person* referred to  
in 3 or 4 above or in respect of a non-beneficial interest

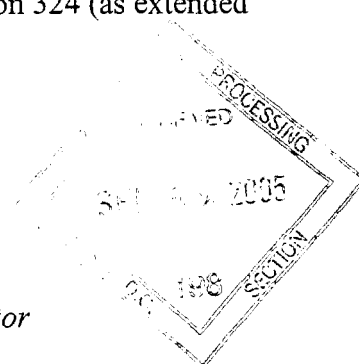
*Justin Matthew King - J Sainsbury plc share purchase plan trust*

6. Description of *shares* (including *class*), debentures or derivatives or financial  
instruments relating to *shares*

*Ordinary Shares 28<sup>4/7</sup> p each*

7. Name of registered shareholders(s) and, if more than one, the number of *shares*  
held by each of them

*HDSL Nominees Limited - SIP*



*Purchase*

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

41

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

*n/a*

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

*n/a*

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

*n/a*

13. Price per *share* or value of transaction

282.7p

14. Date and place of transaction

25 August 2005

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

*n/a*

16. Date issuer informed of transaction

25 August 2005

**If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes**

17 Date of grant

.....

18. Period during which or date on which it can be exercised

.....

19. Total amount paid (if any) for grant of the option

.....

20. Description of *shares* or debentures involved (*class* and number)

.....

.....

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

.....

22. Total number of *shares* or debentures over which options held following notification

.....

23. Any additional information

.....

24. Name of contact and telephone number for queries

*Hazel Jarvis 0207 695 6378*

**Name and signature of duly authorised officer of *issuer* responsible for making notification**

*Hazel Jarvis*

**Date of notification**

*25 August 2005*

**NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS  
DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED  
PERSONS**

1. Name of the *issuer*

*J Sainsbury plc*

2. State whether the notification relates to (i) a transaction notified in accordance with  
*DR 3.1.4R(1)(a)*; or

(ii) *DR 3.1.4(R)(1)(b)* a disclosure made in accordance with section 324 (as extended  
by section 328) of the Companies Act 1985; or

(iii) both (i) and (ii)

*(i) and (ii)*

*Darren Mark Shapland*

4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person*

*Wendy Sarah Shapland – spouse*

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

*Wendy Sarah Shapland*

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

*Ordinary Shares 28<sup>4/7</sup> p each*

7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them

*Wendy Sarah Shapland*

8 State the nature of the transaction

*Purchase*

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired

*35,335*

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

*n/a*

11. Number of *shares*, debentures or financial instruments relating to *shares* disposed

*n/a*

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

*n/a*

13. Price per *share* or value of transaction

*283.0p*

14. Date and place of transaction

*25 August 2005*

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

*n/a*

16. Date issuer informed of transaction

*25 August 2005*

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17 Date of grant

.....

18. Period during which or date on which it can be exercised

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20. Description of *shares* or debentures involved (*class* and number)

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21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

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24. Name of contact and telephone number for queries

*Hazel Jarvis 0207 695 6378*

**Name and signature of duly authorised officer of *issuer* responsible for making notification**



*Hazel Jarvis*

**Date of notification**

*25 August 2005*